## ABSTRACT OF THE DISCLOSURE

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A method for automatically regulating an oscillator is applicable to a low-speed USB interface connecting system and includes the steps of (a) providing a voltage-controlled oscillator in a USB interface for generating a controllable oscillating signal to a USB electronic device; (b) feeding back the controllable oscillating signal to a frequency comparing unit for comparing the controllable oscillating signal with a Keep Alive Strobe signal in the USB interface; (c) inputting an output signal of the frequency comparing unit to a frequency regulating unit for changing the frequency of the controllable oscillating signal according to a signal regulating voltage fed back from the frequency comparing unit; and (d) repeating (b) and (c) to synchronize the controllable oscillating signal with the Keep Alive Strobe signal in the USB interface; so that the USB interface connecting system and the USB electronic device may be quickly synchronized for data transmission at reduced cost.